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WORKOUTS



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1.2 Ramped 5x5 Full Body Strength Specific Training Program

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Workout A 1. Squat 5x5 2. Bench Press 5x5 3. Row 5x5 4. Dip 3x8	Off	Workout B 1. Squat 4x5 2. Overhead Press 4x5 3. Deadlift 4x5 4. Pull Thru 3x8	Off	Workout C 1. Squat 4x5, 1x3, 1x8 2. Bench Press 4x5, 1x3, 1x8 3. Row 4x5, 1x3, 1x8 4. Chin Up 3x8	Off	Off
Repeat							

Explanation of Program: This is a more advanced 5 rep strength training program that increases the weight on a weekly basis. The previous program increases the weight more often and is more for beginners. If you are a beginner, please do not start with this program. Ensure that you've used the previous program and made good progress for several months before trying this program. All working sets are ramped up to a single heavy set. Between ramps, weight is increased by 10%.

Starting Weights: You should start with 10% less than your previous rep maxes on each exercise. This means you will not reach new personal records until the end of Week 4. So take your current rep maxes on each exercise and reduce them by 10%. That will be your starting weight for each exercise. Each exercise will be increased by 2.5% each week as possible.

Plan of Progression: Workout A (except for first workout) will use the heaviest weight from previous Workout C for the heaviest set of 5 reps. Workout B (Squat) will repeat the first 3 sets from Workout A and the fourth set will be a repeat of the third set. Workout B (Press, Deadlift) will increase by 2.5% over previous Workout B weights. Workout C (Squat, Bench, Row) will repeat first 4 sets from Workout A, the single set of 3 will increase weight by 2.5% over heaviest weight from Workout A. The final set of 8 reps for Workout C will use the same weight as the third set. (Dip, Pull Thru, Chin Up) Increase by 2.5% each time these exercises are performed.

Stalling and What to Do: You are officially stalling on an exercise if you haven't been able to increase the weight in 3 consecutive weeks. Once this happens on any exercise, reset that exercise only by decreasing the weight by 10%. Continue increasing the weight by 2.5% each week on that exercise. It will take 4 weeks to get back to where you were but you should be able to surpass your previous weights.

When to Stop this Program: When squats or deadlifts stall for the second time, it's time to stop this program. This gives you one chance to reset squats and deadlifts. The second stall will lead to termination of this program. Reset the other exercises as many times as needed. As long as you are making progress on squats and deadlifts, you will continue this program.

Intensity Level: You may have to get close to failure on the heaviest set of each workout after week 4. It's only a few sets per workout, though so you shouldn't have any trouble recovering from these workouts.

Other Details: All exercises will be ramped up to a single heaviest set. For example, during workout A you will set your heaviest weight for the fifth and final set of squats. Once you have that heaviest weight set, you will decrease each set by 10%. If your heaviest weight is 200 pounds, your 5 working sets will use 200, 180, 160, 140, and 120 pounds. So you would start your first working set at 120 pounds after warm ups. You would do 120, 140, 160, 180, and a final heaviest set of 200. All exercises (including Dip, Pull Thru, Chin Up) are ramped up to a final set with the most resistance.

Printable Workout Log for Workout A

Workout A		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat 5x5								
2	Bench Press 5x5								
3	Row 5x5								
4	Dip 3x8								

* Print multiple copies as needed

Printable Workout Log for Workout B

Workout B		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat 4x5								
2	Overhead Press 4x5								
3	Deadlift 4x5								
4	Pull Thru 3x8								

* Print multiple copies as needed

Printable Workout Log for Workout C

Workout C		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat 4x5, 1x3, 1x8								
2	Bench Press 4x5, 1x3, 1x8								
3	Row 4x5, 1x3, 1x8								
4	Chin Up 3x8								

* Print multiple copies as needed

Weight Increase Percentage Table for 2.5% Increases

Weight	2.50%	Weight	2.50%	Weight	2.50%	Weight	2.50%	Weight	2.50%
5.00	0.13	105.00	2.63	205.00	5.13	305.00	7.63	405.00	10.13
10.00	0.25	110.00	2.75	210.00	5.25	310.00	7.75	410.00	10.25
15.00	0.38	115.00	2.88	215.00	5.38	315.00	7.88	415.00	10.38
20.00	0.50	120.00	3.00	220.00	5.50	320.00	8.00	420.00	10.50
25.00	0.63	125.00	3.13	225.00	5.63	325.00	8.13	425.00	10.63
30.00	0.75	130.00	3.25	230.00	5.75	330.00	8.25	430.00	10.75
35.00	0.88	135.00	3.38	235.00	5.88	335.00	8.38	435.00	10.88
40.00	1.00	140.00	3.50	240.00	6.00	340.00	8.50	440.00	11.00
45.00	1.13	145.00	3.63	245.00	6.13	345.00	8.63	445.00	11.13
50.00	1.25	150.00	3.75	250.00	6.25	350.00	8.75	450.00	11.25
55.00	1.38	155.00	3.88	255.00	6.38	355.00	8.88	455.00	11.38
60.00	1.50	160.00	4.00	260.00	6.50	360.00	9.00	460.00	11.50
65.00	1.63	165.00	4.13	265.00	6.63	365.00	9.13	465.00	11.63
70.00	1.75	170.00	4.25	270.00	6.75	370.00	9.25	470.00	11.75
75.00	1.88	175.00	4.38	275.00	6.88	375.00	9.38	475.00	11.88
80.00	2.00	180.00	4.50	280.00	7.00	380.00	9.50	480.00	12.00
85.00	2.13	185.00	4.63	285.00	7.13	385.00	9.63	485.00	12.13
90.00	2.25	190.00	4.75	290.00	7.25	390.00	9.75	490.00	12.25
95.00	2.38	195.00	4.88	295.00	7.38	395.00	9.88	495.00	12.38
100.00	2.50	200.00	5.00	300.00	7.50	400.00	10.00	500.00	12.50

Instructions: Use the table above to increase the weight between workouts. Round up or down to the closest weight increment you have based on how you feel about your strength levels. If you're feeling strong, round up to the nearest. If you had some trouble the previous set with the lower weight but still got the number of reps, round down to the nearest weight increment.

Weight Increase Percentage Table for 10% Increases / Decreases

Weight	10.00%	Weight	10.00%	Weight	10.00%	Weight	10.00%	Weight	10.00%
5.00	0.50	105.00	10.50	205.00	20.50	305.00	30.50	405.00	40.50
10.00	1.00	110.00	11.00	210.00	21.00	310.00	31.00	410.00	41.00
15.00	1.50	115.00	11.50	215.00	21.50	315.00	31.50	415.00	41.50
20.00	2.00	120.00	12.00	220.00	22.00	320.00	32.00	420.00	42.00
25.00	2.50	125.00	12.50	225.00	22.50	325.00	32.50	425.00	42.50
30.00	3.00	130.00	13.00	230.00	23.00	330.00	33.00	430.00	43.00
35.00	3.50	135.00	13.50	235.00	23.50	335.00	33.50	435.00	43.50
40.00	4.00	140.00	14.00	240.00	24.00	340.00	34.00	440.00	44.00
45.00	4.50	145.00	14.50	245.00	24.50	345.00	34.50	445.00	44.50
50.00	5.00	150.00	15.00	250.00	25.00	350.00	35.00	450.00	45.00
55.00	5.50	155.00	15.50	255.00	25.50	355.00	35.50	455.00	45.50
60.00	6.00	160.00	16.00	260.00	26.00	360.00	36.00	460.00	46.00
65.00	6.50	165.00	16.50	265.00	26.50	365.00	36.50	465.00	46.50
70.00	7.00	170.00	17.00	270.00	27.00	370.00	37.00	470.00	47.00
75.00	7.50	175.00	17.50	275.00	27.50	375.00	37.50	475.00	47.50
80.00	8.00	180.00	18.00	280.00	28.00	380.00	38.00	480.00	48.00
85.00	8.50	185.00	18.50	285.00	28.50	385.00	38.50	485.00	48.50
90.00	9.00	190.00	19.00	290.00	29.00	390.00	39.00	490.00	49.00
95.00	9.50	195.00	19.50	295.00	29.50	395.00	39.50	495.00	49.50
100.00	10.00	200.00	20.00	300.00	30.00	400.00	40.00	500.00	50.00

Instructions: Use the table above to increase or decrease the weight between workouts. Round up or down to the closest weight increment you have based on how you feel about your strength levels. If you're feeling strong, round up to the nearest. If you had some trouble the previous set with the lower weight but still got the number of reps, round down to the nearest weight increment.